



Accessing Your COVA Care Health Assessment

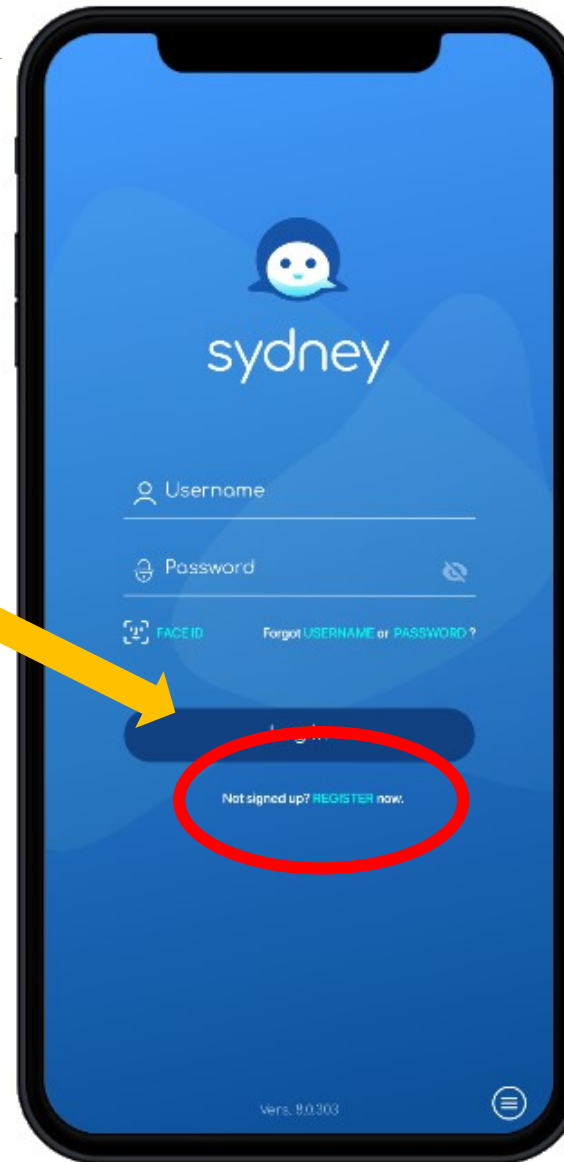


Accessing via the Sydney Health mobile app

Registering a new account

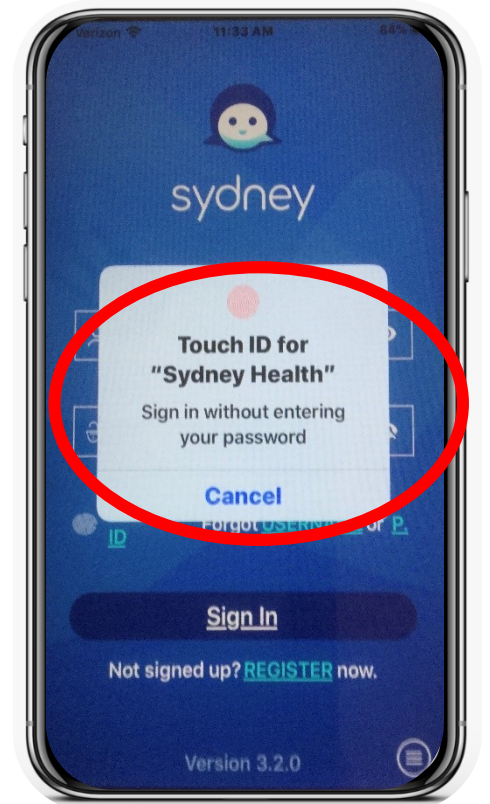
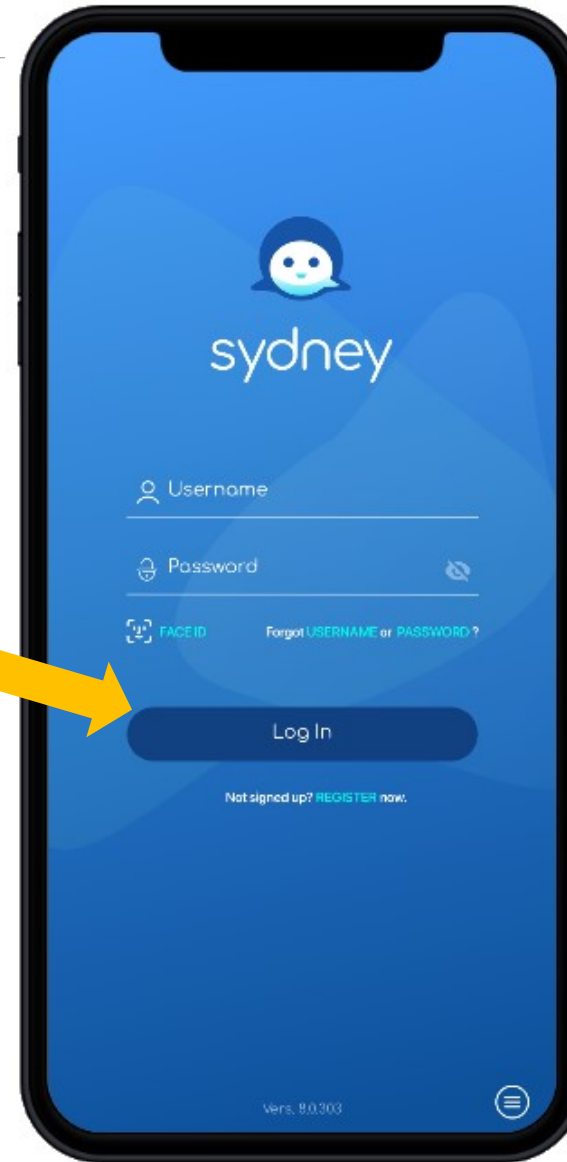
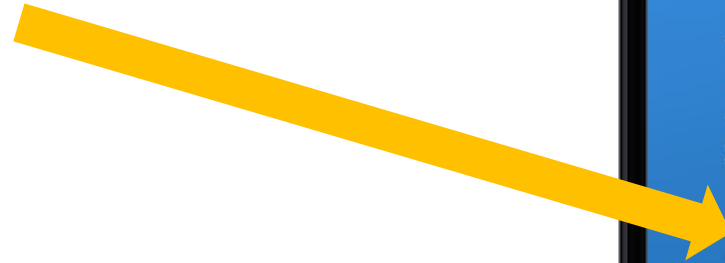
To register for a new account, click on ***REGISTER now.***

Follow the step-by-step prompts to complete your registration. You will use the **same Username and Password as your anthem.com login.**



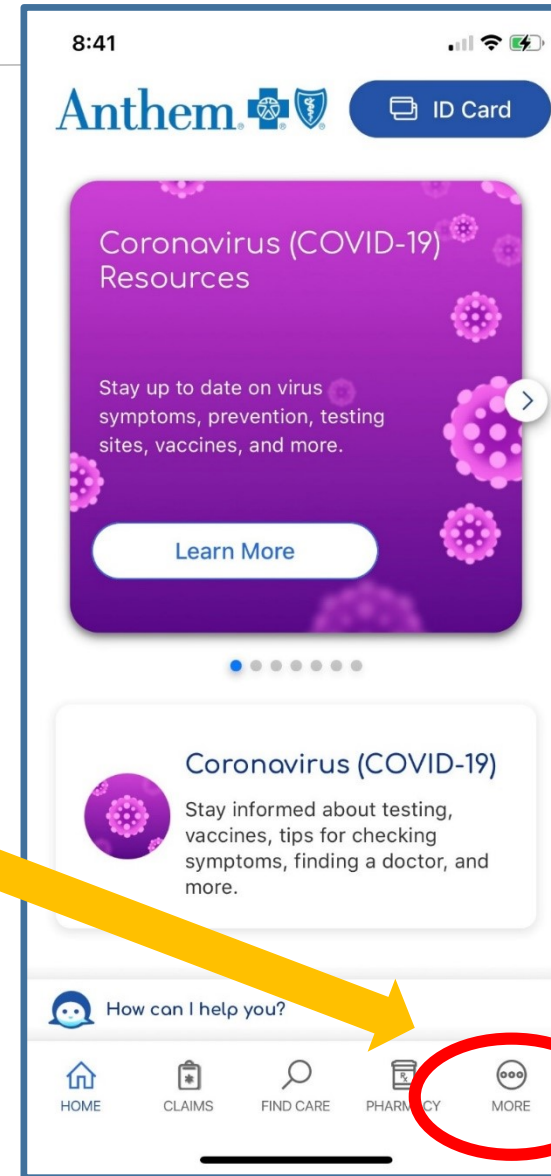
Logging into an existing account

Log in using your username and password or touch ID feature.



Accessing your health assessment

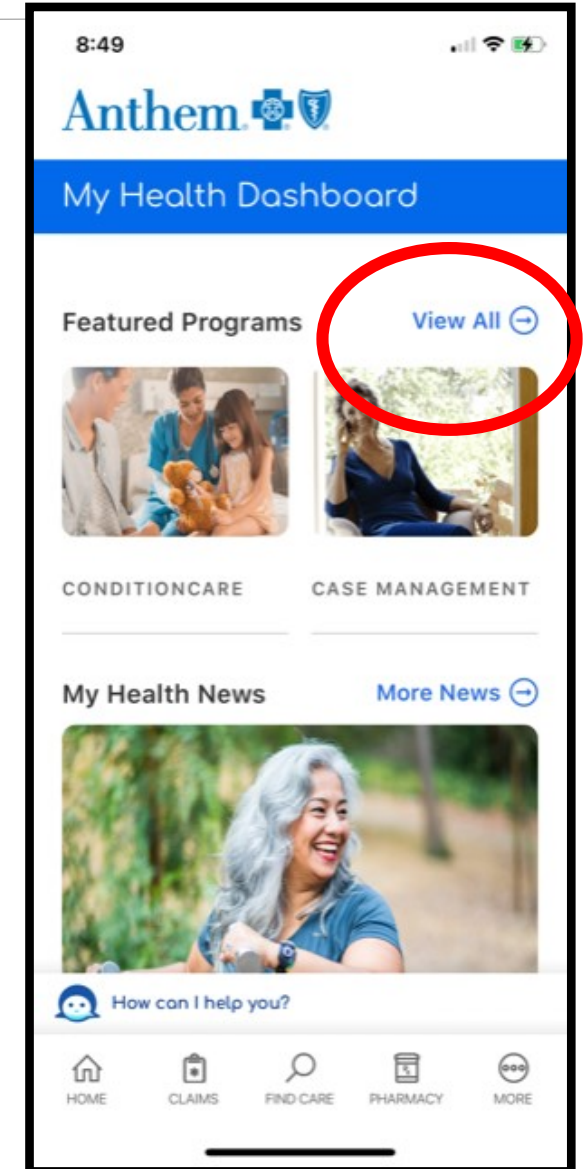
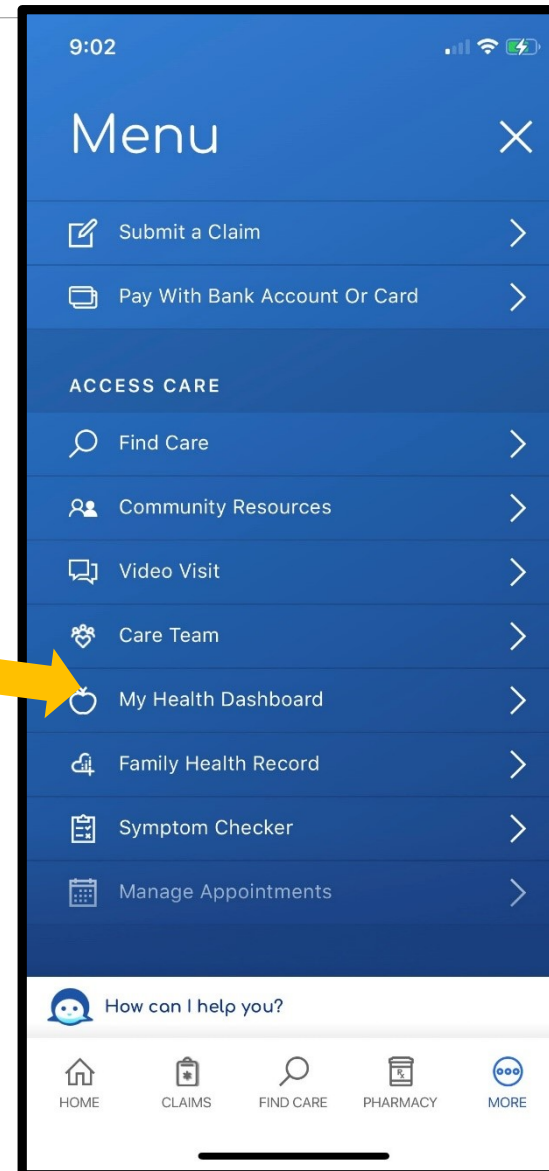
Tap the **More** button from the bottom right menu bar.



Accessing your health assessment

From the main menu, select ***My Health Dashboard***.

Under the Features ***Programs section*** click on ***View All***.



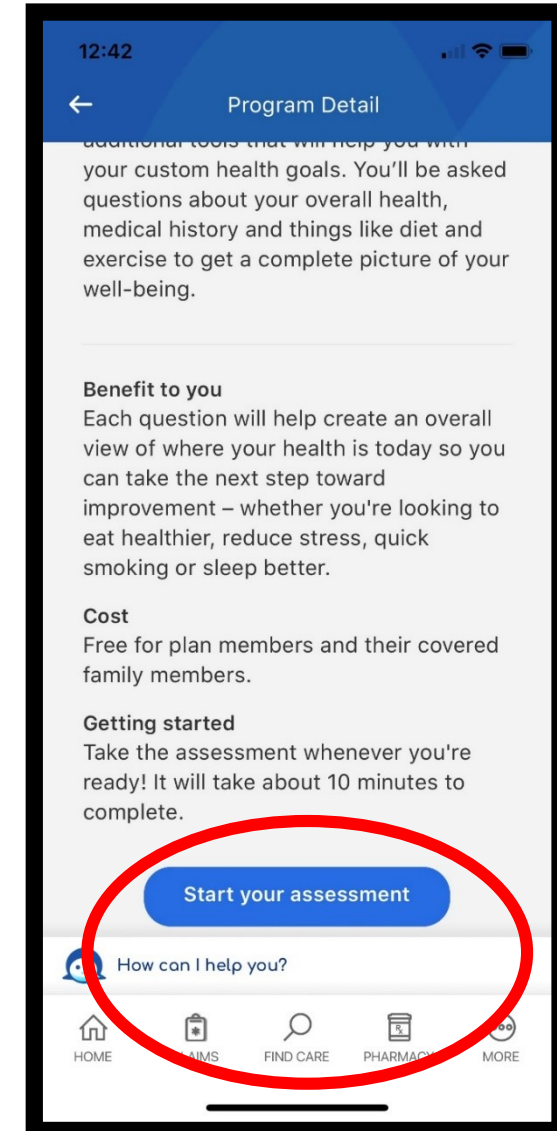
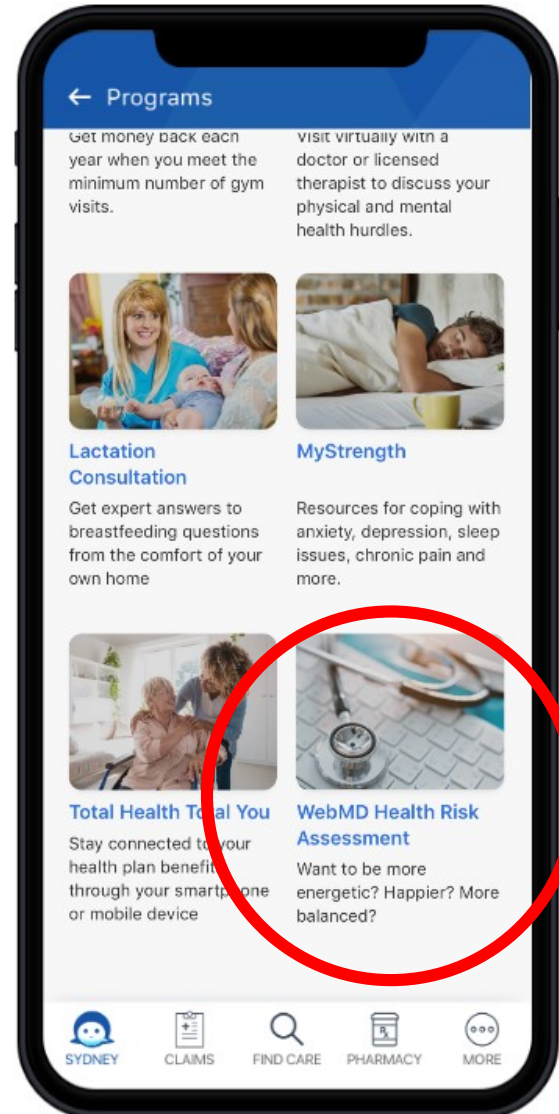
Accessing your health assessment

Scroll down and click on the **WebMD Health Risk Assessment** tile

Click **Start your assessment** and complete your assessment.

Please note: If you have completed the health assessment previously, your previous health assessment score will appear. You will then click “Take It Again” to update your assessment.

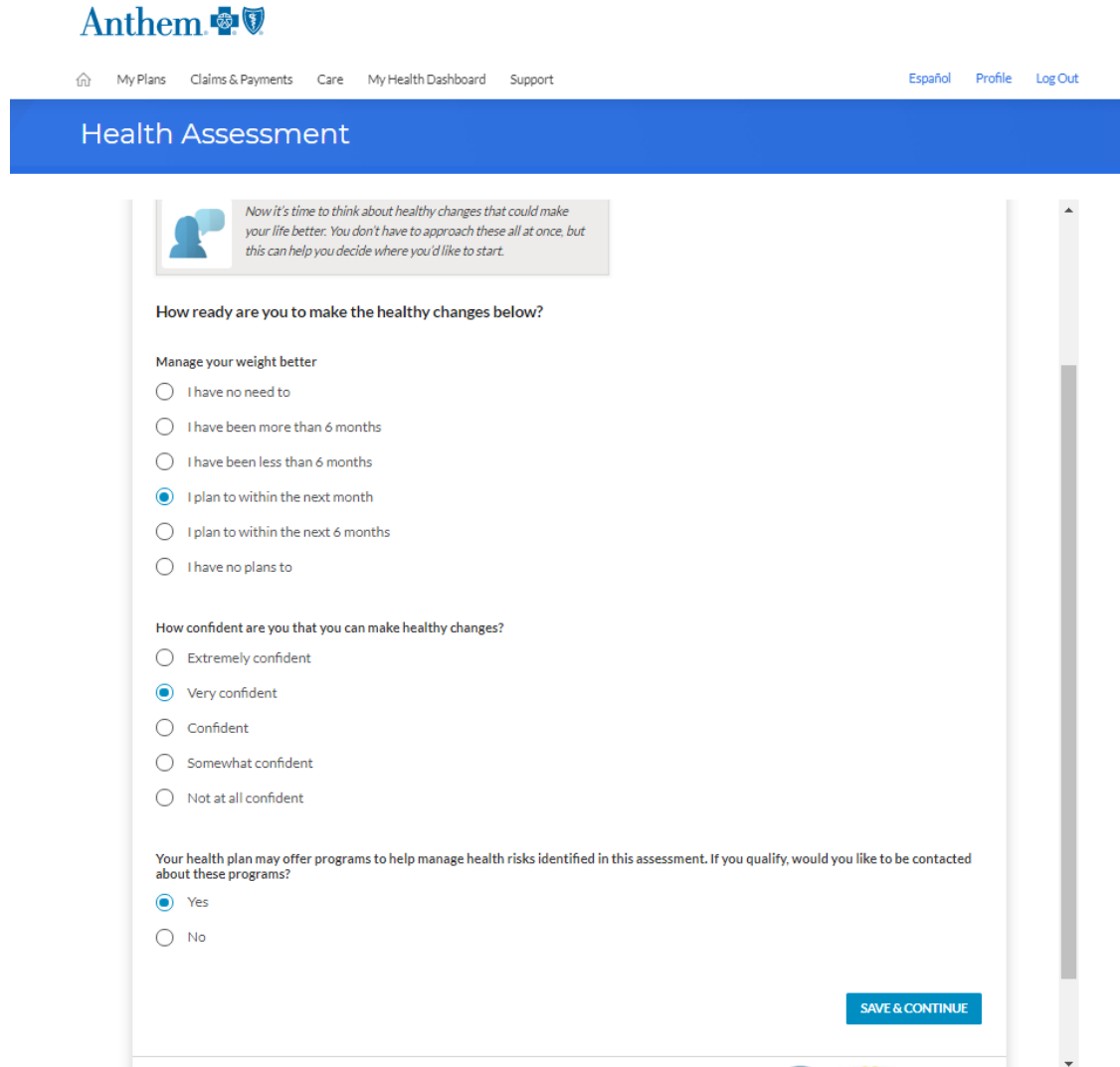
See pages 11&12 of this guide.



Completing your health assessment

After completing your assessment, you will be asked three questions about Healthy Changes.

Click **“save and continue”** after answering these questions.



The screenshot shows the Anthem Health Assessment interface. At the top is the Anthem logo and a navigation bar with links for My Plans, Claims & Payments, Care, My Health Dashboard, and Support. On the right of the navigation bar are links for Español, Profile, and Log Out. Below the navigation bar is a blue header with the text "Health Assessment". The main content area contains a message box with a speech bubble icon and the text: "Now it's time to think about healthy changes that could make your life better. You don't have to approach these all at once, but this can help you decide where you'd like to start." Below this is a section titled "How ready are you to make the healthy changes below?". Under this title is the question "Manage your weight better" followed by five radio button options: "I have no need to", "I have been more than 6 months", "I have been less than 6 months", "I plan to within the next month" (which is selected), and "I plan to within the next 6 months". Below this is another question "How confident are you that you can make healthy changes?" with five radio button options: "Extremely confident", "Very confident" (which is selected), "Confident", "Somewhat confident", and "Not at all confident". At the bottom of the form is a question "Your health plan may offer programs to help manage health risks identified in this assessment. If you qualify, would you like to be contacted about these programs?" with two radio button options: "Yes" (which is selected) and "No". A blue button labeled "SAVE & CONTINUE" is located at the bottom right of the form.

Completing your health assessment

One final Feedback question will be asked, then you will click **“finish”**

The screenshot shows a web interface for a 'Health Assessment'. At the top, there is a navigation bar with links: Home, My Plans, Claims & Payments, Care, My Health Dashboard, Support, Español, Profile, and Log Out. Below this is a blue header with the text 'Health Assessment'. The main content area has a light gray background and includes a progress indicator with three steps: '1. Questionnaire', '2. Next Steps' (which is highlighted), and 'Results'. Below the progress indicator, there is a breadcrumb trail: 'Healthy Changes > Feedback > Results'. The first question is 'Would you recommend this questionnaire to someone else, like a co-worker?' with radio button options for 'Yes' (selected) and 'No'. The second question is 'Approximately how long did it take you to fill out this questionnaire?' with a text input field containing '10' and the unit 'minutes'. A blue 'FINISH' button is located at the bottom right of the main content area. At the bottom of the page, there is a footer with copyright information, a disclaimer, and several accreditation logos including NCDP, URAC, and HITRUST CSF Certified.

En Español

Health Assessment

1. Questionnaire 2. Next Steps Results

Healthy Changes > Feedback > Results

Would you recommend this questionnaire to someone else, like a co-worker?

☒ Yes

☐ No

Approximately how long did it take you to fill out this questionnaire?

10 minutes

FINISH

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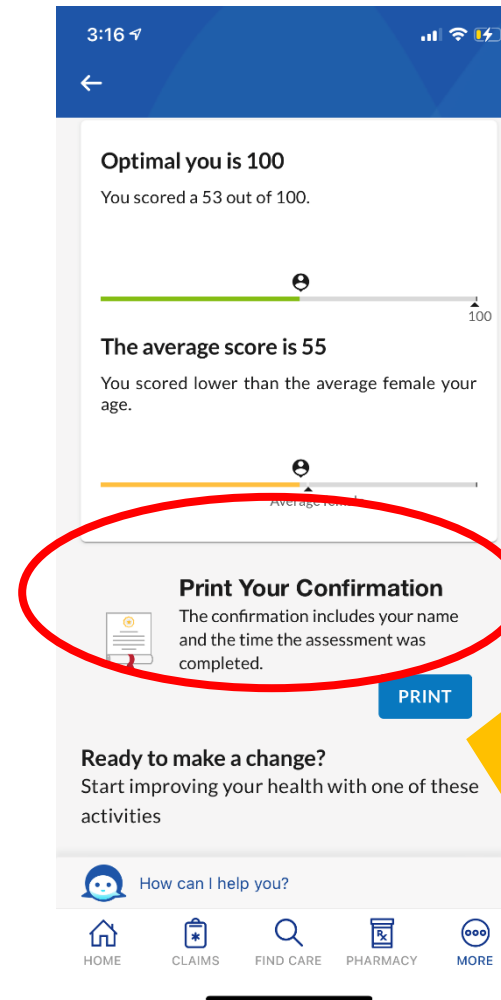
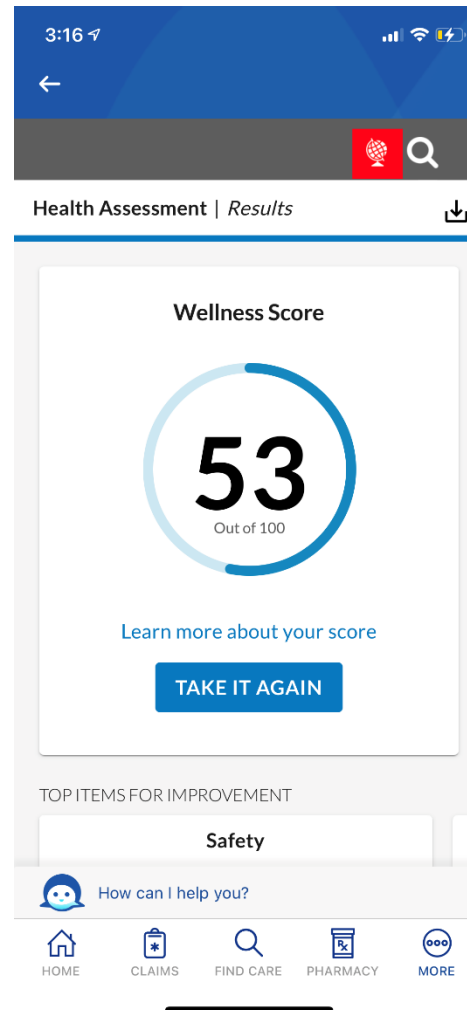
urac
ACCREDITED
Health Website Expires 8/31/2022

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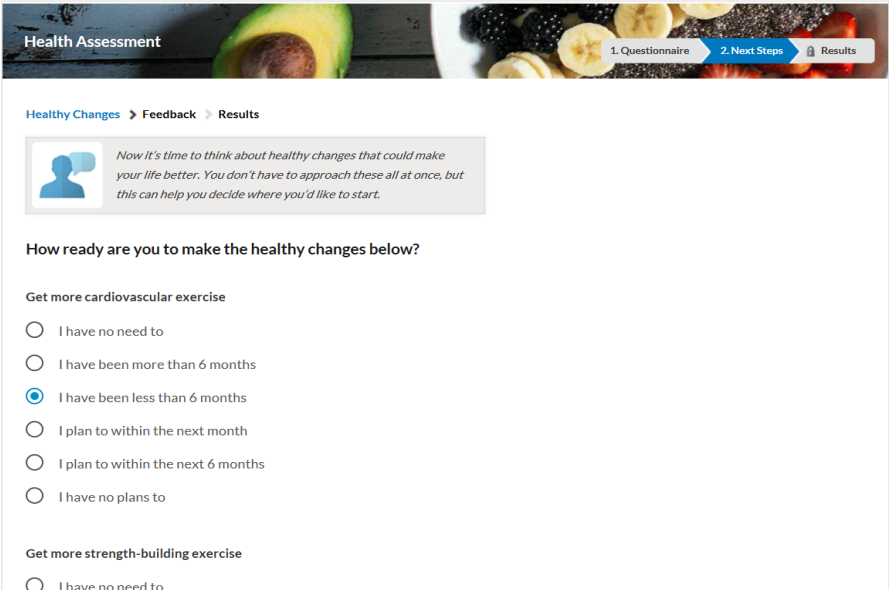
Save Your Completion Confirmation Page

After completing your health assessment, **print** your confirmation page to save for your records.

Helpful Tip: If you are not able to print your confirmation page, take a screenshot of the confirmation page and save it to your computer or smartphone.



If you have completed your health assessment previously, completing the entire assessment again is not necessary. You can provide some updated information.



Returning Users

If your health information or health status has changed you will want to update the appropriate fields. However, there are only two sets of questions that **require** updating for returning members.

- Readiness to Change questions
- Health Assessment Feedback questions

After these questions have been updated, be sure to click “save & finalize” then “finish”.

The screenshot displays the Anthem Health Assessment interface for returning users. The top navigation bar includes the Anthem logo and links for My Plans, Claims & Payments, Care, My Health Dashboard, Support, Español, Profile, and Log Out. The main header is a blue bar with the text "Health Assessment".

The assessment content includes a tip: "Now it's time to think about healthy changes that could make your life better. You don't have to approach these all at once, but this can help you decide where you'd like to start." Below this, the question "How ready are you to make the healthy changes below?" is followed by a section titled "Manage your weight better" with five radio button options. The third option, "I plan to within the next month", is selected. The next section, "How confident are you that you can make healthy changes?", has five radio button options, with "Very confident" selected. A final question asks if the user would like to be contacted about health risk programs, with "Yes" selected.

At the bottom of the assessment, there is a "Health Assessment" section with a progress bar showing "1. Questionnaire" and "2. Next Steps" (highlighted). Below the progress bar, there are links for "Healthy Changes", "Feedback", and "Results". The "Feedback" section contains two questions: "Would you recommend this questionnaire to someone else, like a co-worker?" (with "Yes" selected) and "Approximately how long did it take you to fill out this questionnaire?" (with "10 minutes" entered). A "FINISH" button is located at the bottom right of the feedback section.

The footer of the assessment includes copyright information, a disclaimer, and several accreditation logos: NABH, URAC, HITRUST CSF Certified, and others.